



100% Gluten Free Mornington Peninsula, VIC

Jan 2019 v1

The Mornington Peninsula includes areas such as Mt Eliza, Mornington, Red Hill, Sorrento and Portsea. Frankston is part of greater Melbourne, but also included here as well as in the Melbourne list.

Places where you can find 100% gluten free food is growing and includes a brewery, café and market stalls. At the end of the document is a list of 'nearly gluten free' venues that are also worth a look!

This list only includes businesses with a physical outlet (ie not purely online ordering).

For more information see:

<http://thecoeliacplate.com/mornington-peninsula-100-percent-gluten-free/>

For Melbourne information see: <http://thecoeliacplate.com/melbourne-100percent-gluten-free/>

Note: Some cafes are specialist gluten free cafes and thoroughly check the supply chain for e.g. 'may contain' statements and others just happen to be naturally gluten free, so it is still important to make your own enquiries. Drinks may not all be gluten free.

Please see the disclaimer at the end of the document.

Suburb/Area	Restaurant	Address	Comments / website
Dromana 3936	TWØBAYS Brewing Co	Unit 1, 2 Trehitt Court	Founded by a coeliac who was missing beer, this brewery has gluten free beers on tap and gluten free pizzas to soak up the beer! Friday 3.00pm - 10.00pm, Saturday 12.00pm - 10.00pm, Sunday 12.00pm - 7.00pm www.facebook.com/twobaysbeer
Moorooduc 3933 (near Mt Eliza)	Conscious Cravings	8/475 Moorooduc Hwy	100 % gluten free, vegan and mostly fodmap friendly. Mon-Fri 7.30am-3.30pm, Sat 8am-3.30pm, Sun 9am-3pm https://www.consciouscravingsco.com.au/ https://www.facebook.com/conscious.cravings.co/

Suburb/Area	Restaurant	Address	Comments / website
Frankston 3199	Gluten Free 4U FB: @glutenfree4u Added: 05/17	4/49 Beach Street T: 03 8762 8100	Gluten free bakery with bread, savoury and sweet treats and frozen meals. Tues-Fri 8.30am-4:30pm, Sat 8.30am - 3.00pm Closed Public Holidays glutenfree4u.com.au/ See review: http://thecoeliacplate.com/gluten-free-4u-melbourne/
Mornington & surrounds 3931	Jo Jo's Gluten Free Goodies FB: Jo Jo's Gluten Free Goodies Added: 06/17 Reviewed: 09/18	Markets at various locations (see Facebook)	100% gluten free kitchen producing delicious savoury items (pies, sausage rolls, quiche), bread and slices and cakes. Find them at markets around outer Melbourne - e.g. Mornington, Red Hill, Frankston , Yarra Glen, Warragul (see link for events on Facebook). Also available for catering. https://www.facebook.com/Jo-Jos-Gluten-Free-Goodies-1446967141999887/ See review: http://thecoeliacplate.com/jo-jos-gluten-free-goodies/
Mornington & surrounds 3931	Arancini 4 All FB: @arancini4all Added: 12/18	Markets at various locations (see Facebook)	Delicious arancini that are cooked fresh to order (in rice bran oil) and all gluten free with vegan and FODMAP friendly options. Find them at markets around inner & outer Melbourne - e.g. Mornington, Portsea , Dingley Village (near Moorabbin), Park Orchards (see link for events on Facebook). www.facebook.com/arancini4all/
Mornington & surrounds 3931	Crackle Corn FB: @cracklecorn Added: 12/18	Markets at various locations (see Facebook)	Seriously addictive popcorn in different flavours! https://www.facebook.com/cracklecorn/

Nearly 100% Gluten Free!

Suburb/Area	Restaurant	Address	Comments / website
Mornington 3931	Gluten Free Foods FB: @gffoods Updated: 12/18	Shop 5 55 Barkly Street	A family owned and operated supermarket dedicated to sourcing new and exciting gluten free food and have new stock arriving weekly. Everything is GF apart from some vegan lines which are clearly marked and stored separately. They pride themselves on integrating vegan and fructose friendly products into the store. http://www.glutenfreefoods.com.au/

If you have any comments or find an error, please email info@thecoeliacplate.com



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